

# Motivate!

**Motivation is the force** behind doing something. Without it, nothing much happens... Motivation often comes and goes, but here are some tips for how to get it and keep it:

- **Get SERIOUS!** Make your weight control a top priority.
- Have patience. Results take time.
- Have reasonable expectations. Don't expect miracles.
- **GOALS! Set daily and weekly goals that are achievable.** Write the goals down. Don't worry about the long-term stuff right now. It will happen as you achieve daily goals.
- Take 1 day at a time.
- **REWARD** yourself frequently for following your program (but not with food!).
- Do what it takes to get some **RESULTS!** Results motivate!
- Keep a **record** of your weight control activities (food record, exercise record) and your progress.
- Exercise with others.
- Seek support from others.
- **Learn** from your setbacks and mistakes. Forgive yourself....
- Do **LOTS** of positive self-talk!

